Welcome to ProtoArc Ergonomic Mouse!

Why Choose an Ergonomic Mouse?

Reduce Fatigue: The vertical design keeps your wrist in a natural position, reducing hand, wrist, and arm fatigue, and preventing repetitive strain injuries.

Adaptation Period

- **Adaptation Time** — 1-2 Weeks (gradually increase usage time each day).
- **Initial Discomfort** — Mild discomfort at the beginning is normal and will gradually fade with increased usage.
- **Tip** — We recommend giving yourself 1-2 weeks to adapt. If you still feel uncomfortable after 2 weeks, please don't hesitate to contact our customer service for assistance.

Contact Us

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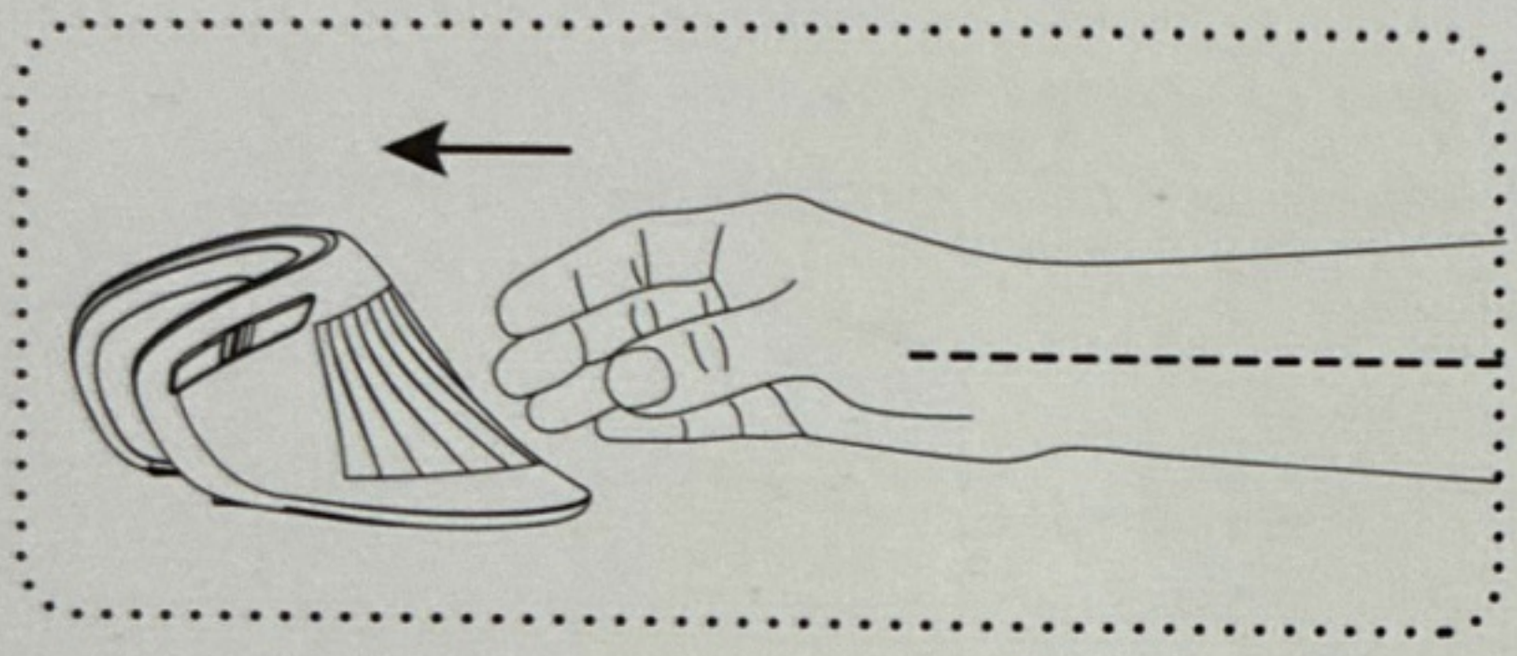
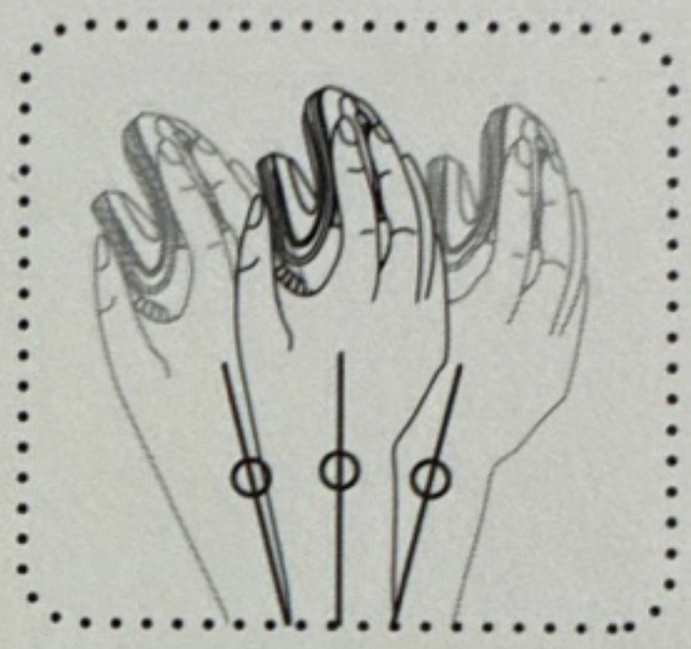
9AM - 1PM; 2PM - 6PM PT (Eastern Time)
*Closed during Holidays

Usage Guide

Correct Posture

- **Vertical Grip:** Keep your palm naturally perpendicular to the desk, with your thumb and fingers gently wrapping around the mouse.
- **Relax Your Hand:** Avoid gripping too tightly; keep your hand relaxed to reduce muscle tension.
- **Wrist Support:** Keep your wrist straight, avoiding excessive bending or hovering.





DPI Settings (Recommended for office use)

- **DPI Level:** 1000-1600-2400 DPI
- **Pointer Speed:** Adjust the pointer speed in your computer settings to suit your preference.

Gradually Increase Usage Time

Stage	Stage Usage Time	Usage Scenarios
Day 1	1-2 hours	Browsing the web, checking emails
Week 1	Increase by 1 hour daily	Document processing, simple design tasks
Week 2	Full-day use	Complex tasks (e.g., image editing)

Hand Relaxation Exercises

- **Wrist Stretch:** Perform once per hour—extend your arm, palm facing up, and gently press down on your fingers with the other hand for 10 seconds.
- **Finger Relaxation:** Gently clench your fist and then open it, repeating 10 times.